

Officials to reinstate ID checks at commissary, BX

Kadena's base exchange and commissary will begin checking patron identification cards at entrances rather than points of purchase, starting Wednesday. The change is a reversion to the previous policy. Base officials, in consultation with exchange and commissary officials, are making the change after discussions with customers concerned about the new policy.

Pacific's top boss visits

By Tech. Sgt. Adam Johnston
18th Wing Public Affairs

The U.S. military's top leader in the Pacific says the North Korean threat is real, the military and its computers will still be able to do the job Jan. 1 and that he's proud of the efforts of Pacific-based troops in East Timor.

Admiral Dennis C. Blair, U.S. Pacific Command's top leader, finished a week-long visit with troops throughout the Pacific Thursday.

As the senior U.S. military commander in the Pacific and Indian Oceans, Blair leads the largest of the unified commands and directs Army, Navy, Marine Corps and Air Force operations across more than 100 million square miles.

Monday Blair visited soldiers, sailors and Marines on Okinawa before heading off to Korea to attend a change of command for U.S. Forces in Korea. While visiting Torii Station just north of Kadena, Blair talked with military reporters about his visit with rank and file troops and various issues affecting them.

Blair acknowledged that his trip to Okinawa reaffirmed his view of how important having troops here is.

And while he said that a helicopter ride around the island gave him an idea on how big the military foot print is here, he also said that "troops here are absolutely vital."



Photo by Lance Cpl. Jason Ingersoll

Col. Thomas Yarbrough, 18th Wing vice-commander, greets Admiral Dennis C. Blair, U.S. Pacific Command's top leader, during Blair's visit throughout the Pacific earlier this week.

But Blair also emphasized that Okinawa-based servicemembers must act as "very, very good neighbors."

Blair said there are 43 countries in his area of responsibility and that interaction between U.S. troops and those countries plays a key role in advancing U.S. interests.

Blair cited recent operations in East Timor — a peacekeeping mission — and Vietnam — a humanitarian effort — as top roles in supporting U.S. interests.

Blair also said the best recent example of cooperation by military forces in the Pacific has been the peacekeeping operation in East Timor led by Australian troops and joined by U.S. servicemembers.

Earlier in his Pacific tour to meet troops, Blair said he met a handful of Marines, airlifters and sailors in East Timor and Australia.

While he said troops in those meetings told him that operations with international forces have gone well, he also said U.S. troops told him

that they wish they could have had more practice with some of the peacekeeping forces from other Pacific-rim nations before the deployment.

In Okinawa, Blair purposely limited contact with airmen at Kadena because, the base's host unit — the 18th Wing — was about to undergo a Combat Employment Readiness Inspection, officials said.

While that inspection includes a simulated deployment of wing members to a remote location; Blair said it would be a mistake to miscalculate nations like North Korea.

Citing examples of submarine-inserted infiltrators to South Korea and other incidents — like a collision of ships in Yellow Sea waters last year — involving North Korea, Blair said, "We're not going to relax our vigilance in that matter."

In another matter faced by troops throughout the region, Blair said Pacific-based forces will be ready on Dec. 31 and Jan. 1, despite concerns throughout the world about glitches in computer systems that may occur at the millenium.

"We're going to be OK," Blair said about the possible effects on military readiness.

Blair did acknowledge that some countries in the Pacific may experience difficulties because of infrastructure problems but overall, Blair said those difficulties will more likely be "small pockets" in the Pacific region.

Kadena's 18th Wing gets high-level look

By Tech Sgt. Adam Johnston
18th Wing Public Affairs

Nearly 135 inspectors from Pacific Air Forces are scheduled to finish a Combat Employment Readiness Inspection here today.

The inspection — a test of the wing's ability to deploy aircraft and people as well as maintain a home base — began Tuesday.

Several Kadena-based military members moved to a designated area of the base — referred to as Base X — during the inspection to simulate a deployment to a remote location.

Other military members assigned to the 18th Wing remained at

their regular offices and shops to support various taskings to assist those deployed during the inspection.

Local military officials say this is the first time the wing has received an inspection of this nature in nearly five years.

A final briefing by the command-level inspection team is expected to take place on Monday at Kadena's Keystone Theater.

Officials say parking near the commissary and base exchange may be hard to find because of the heavy attendance expected at the briefing.

That briefing will center around the inspection team's final independent assessment and report.



Photo by Staff Sgt. Steven Smith

Master Sgt. Michael Townsend and nearly 130 inspectors from the Pacific Air Forces inspector general team arrived Sunday for a three- to four-day inspection of the 18th Wing's ability to employ combat forces.

Web-based pay system may help ease changes

WASHINGTON (AFPN) — Military and Defense Department civilian employees and retirees will soon be able to make many routine changes to their official pay accounts whenever they want, by phone or via the World Wide Web.

The Defense Finance and Accounting Service is in the process of implementing the Employee/Member Self Service program.

The officials said defense payroll customers using the Web and phone systems will be able to change their federal income tax withholding; start, stop or change allotments; change their correspondence address; and update information for their fi-

Additional information can be obtained on the defense finance service's Web site at:

www.dfas.mil

nancial institution electronic fund transfers. Finance service officials said the self-service program should improve the processing of pay changes by saving time and reducing the current paper trail.

The system will allow customers to make changes nearly instantly on their own.

Officials explained that no

written confirmation will be received, but members can check changes by re-accessing the system in a week.

Changes also will be annotated on the customer's next Leave and Earning Statement.

A personal identification number will control customer access. The finance service plans to mail letters to eligible customers with a tempo-

rary personal identification number they can customize the first time they use the system, officials said.

The finance service plan calls for the self-service program to become available in two phases.

Finance service representative Cathy Ferguson said letters are being mailed to Defense Department retirees and surviving annuitants, Marines and civilian employees — the first group of people who will have system access. Soldiers, sailors and airmen will gain access a few months later. The military services' current telephone systems for their members will eventually be rolled into the finance service's self-service system.

Air Force offers highly limited early retirements

WASHINGTON — Air Force officials are extending force-shaping programs through the end of fiscal 2001 and offering separation incentives to selected nonline officers to help meet Defense Department medical rightsizing initiatives.

"The Air Force Medical Service needs to reduce their officer inventory by approximately 10 percent,"

said Lt. Col. Cheryl Dietrich, chief of military force structure plans.

As in earlier phases of the program, line officers and enlisted members are not eligible for any force-shaping incentives.

Eligibility is targeted mostly toward specific skills and grades within the Air Force Medical Service, Dietrich said.

"Phase III extends currently authorized force-shaping tools from Jan. 1, 2000, through Sept. 29, 2001," she said. These include temporary early retirement authority waivers for active-duty service commitments, commissioned service time, and time in grade; and the special line transfer program.

Officers must be in an eligible duty Air Force specialty, nondeferred, and have between two and seven years of active commissioned service.

Phase III also opens the Voluntary Separation Incentive and Special Separation Benefit programs to officers not yet eligible for early retirement. These provide a monetary incentive for volunteers to separate in the form of either an annuity or a lump sum payment. The last time those programs were used were in fiscal year 1995.

Eligible officers can apply through their military personnel flights beginning Jan. 4, 2000. Under Air Force policy, they may not request a separation or retirement date more than one year from the date of application, unless an excep-

Homeward bound



Photo by Master Sgt. Val Gempis

U.S. military veterans salute three fallen comrades believed killed during the Korean War during a repatriation ceremony at Yokota Air Base, Japan. Members of the United Nations Command Honor Guard carried the caskets containing remains of the U.S. servicemembers during the ceremony attended by hundreds of people. The remains were flown on a C-17 aircraft from the 62nd Airlift Wing, McChord Air Force Base, Washington, from North Korea.

THE FINE PRINT

Those eligible for early retirement, limited active-duty service commitment, time in grade and commissioned service time waiver programs, and VSI/SSB include deferred Medical Service Corps captains and majors. Nondeferred MSC officers are not eligible for any program under this force-shaping phase.

Deferred Biomedical Sciences Corps captains and majors are eligible for early retirement, waiver programs, and VSI/SSB, except those in the following specialties:

42EX, optometry,
43YXA, medical physicists,
43EX, bioenvironmental engineers,
43HX, public health,
43PX, pharmacists,
42GXA/B/C/D/E/F, physician assistant subspecialties.

Physicians assistant, 42GX, without a subspecialty code — nondeferred and deferred captains, majors, and lieutenant colonels — are eligible for early retirement, waiver programs and VSI/SSB. Nondeferred physician assistant captains are also eligible for the special line transfer program.

Deferred and nondeferred Nurse Corps captains, majors and lieutenant colonels in the following duty AFSCs are also eligible for early retirement, waiver programs, and VSI/SSB:

46AX, nursing administrator,
46GX nurse midwife,
46NX clinical nurses, excluding subspecialties.

Deferred and nondeferred flight nurses (46FX) are also eligible if they have a primary AFSC of 46AX, 46GX, or 46NX, excluding subspecialties

Dental Corps officers are no longer eligible for any force-shaping programs.

tion is approved by the Air Force Personnel Center.

Personnel officials said applicants should not make any irrevocable commitments until their request is approved. Those eligible for early retirement, limited active-duty service commitment, time in grade and commissioned service time waiver programs, and VSI/SSB include deferred Medical Service Corps captains and majors. Nondeferred MSC officers are not eligible for any program under this force-shaping phase, according to Colonel Dietrich.

The only force reduction program open to chaplains under Phase III is the waiver program for retire-

ment eligible officers.

Eligible officers who want to apply for early retirement must complete at least 15 years total active federal military service and have at least eight years total active federal commissioned service by their requested retirement date.

For VSI/SSB, eligible officers must have at least six and less than 15 years of active service, with at least five years of continuous active service immediately before their requested date of separation. Deferred officers will not be eligible if they have a mandatory date of separation because of a second promotion deferral.

THE
KADENA SHOGUN

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Dental program

The 18th Dental Squadron is conducting a special dental examination and cleaning program for family member college students visiting over the holiday season. Appointments are available beginning Thursday through Jan. 7. Call 630-4011 to make an appointment or e-mail: the 18ds.appt@kadena.af.mil

Holiday contest

The Kadena Neighborhood Mayors are sponsoring a Christmas Light and Decoration Contest Sunday through Thursday. Judging will be conducted by the neighborhood mayors and Col. James Davis, 18th Support Group deputy commander. Winners will receive an 18th Services Squadron coupon book.

Sale for students

The Kadena High School Project Graduation 2000 presents a Korean furniture sale Saturday and Sunday in the Kadena High School cafeteria from 9 a.m. to 5 p.m. Call Theresa Jackson, 632-3348 for more information.

School meeting

Parents and members of the Kadena community are invited to meet with Department of Defense Dependent Schools Okinawa District superintendent, Dr. Steven R. Bloom, over coffee from 9-10:30 a.m. in the Kadena Officers Club. Bloom will discuss education and answer questions.

Breakfast canned

The Army Community Services Army Family Teambuilding Breakfast scheduled for Thursday in the Coral Cove has been cancelled. Call Yvonne Heim, 644-4116 for more information.

633rd changes command

The 633rd Air Mobility Support Squadron will conduct a change of command ceremony at 11 a.m., Monday on the flight line at the Spot 1 red carpet area outside the Air Mobility Command passenger terminal. Col. Ernst K. Haynes will relinquish command to Col. David W. Jensen.

Kwanza event

A Kwanza celebration is scheduled for 5 p.m., Dec. 26 in the Kadena High School. The Black Heritage Planning Committee sponsors the program. For more information, call Anitra Williams at 633-9362.

Telephone trouble

The 18th Medical Group is ex-

periencing problems with the telephone appointment lines in the dental, family practice, pediatrics and women's health clinics. Efforts are underway to identify and repair the problem as quickly as possible. Clinic officials apologize for any inconvenience caused to patients.

Commissary hours

The Kadena Commissary announces its operating hours for the Christmas and New Year's holidays.
Dec. 24 8 a.m. to 5 p.m.
Dec. 25 Closed
Jan. 1 Closed
Jan. 2 Closed

Tree of Angels

The annual Angel Tree Program that provides less-fortunate children with gifts donated by community members is currently underway. Christmas trees hung with paper angel- and soldier-shaped tags can be found throughout the military community. Angels represent girls and soldiers represent boys.

Each tag carries the information for one child. Volunteers take a tag from the tree, remove the top portion of the tag with the child's information and fill out the bottom part of the tag with your name and telephone number. Re-hang this portion on the tree. This information will be used to contact the donor if a gift is not turned in or there is a problem. After selecting a tag, purchase a gift of toys or clothing suitable for the

child on their tag costing between \$15-20, wrap the gift and mark the package with the child's number as printed on the tag.

Gifts will be collected on Torii Station in Bldg. 236; the Torii Chapel; the 10th Area Support Group Command, Bldg. 210; the 1st of the 1st Special Forces Group, 505th Quartermaster Battalion; and the 58th Signal Battalion. The program is sponsored by the Army Community Services. For more information, call Yvonne Heim at 644-4116.

Warehouse closes

The Kadena Housing furnishings warehouses and self-help operations will be closed Dec. 24-26 and Jan. 1-2. For more information, call 632-4311.

Sealed bid sale

The Defense Reutilization and Marketing Office at Camp Kinser will have items available Monday through Wednesday at Bldg. 600 for a sealed bid sale Thursday. For details, call 647-4323 or 647-3707.

Child Find program

The Department of Defense Dependent Schools, in conjunction with the Educational and Developmental Intervention Services Department (EDIS) of the U.S. Naval Hospital at Camp Lester, conduct Child Find, an ongoing program designed to identify children from birth to age 21 who may need early intervention

Christmas training



Photo by Senior Airman Reynaldo Ramon

Kadena youth dance dressed as a train in a Christmas parade and tree lighting ceremony held Dec. 3 near the base's Keystone Theater. Organizers say more than 100 people attended the event that was highlighted by the lighting of the base's Christmas tree.

services, special education and related services. Parents interested in getting their child evaluated may contact EDIS at 645-9181/9182 for children from birth to age 3, or the child's school for children ages 3 to 6.

Monthly meeting

The Kadena Top 3 organization meets at 2:30 p.m., the last Friday of each month in the Rocker NCO Club. This networking group consists of master, senior master and chief master sergeants working to improve the quality of life for Kadena enlisted people. For more information, call 634-4096.

Baby bundles

A Bundles for Babies class, sponsored by the Kadena Family Support Center, takes place from 1-4:30 p.m., Dec. 21 in Bldg. 99. The class helps expecting families learn how to prepare financially for their new baby. Active duty Air Force families receive a book and layette courtesy of the Air Force Aid Society. Participants must register by Dec. 20. Call 634-3366 for more information or to register.

Season for savers

The Federal Employee Thrift Savings Plan open season will continue until Jan. 31. This is an opportunity for eligible employees to start or change their contributions to their TSP account. Employees also may change how payroll contributions are invested in the three TSP funds.



Photos by Master Sgt. Val Gempis



CLOCKWISE FROM TOP: Honor guard member, Staff Sgt. Thomas Morgera of the 353rd Maintenance Squadron pays respects to the memory of a friend. Various items relating to Tech. Sgt. Michael J. Dengate's life in the Air Force were placed at an altar in Chapel One during the ceremony. TSgt. Anthony Dyson, (right) and Tech. Sgt. Pete Villanueva, Maj. Kevin B. Grzegorzczuk and Capt. Todd A. Miller reflect on the memory of Dengate after the memorial ceremony.

Special operations group remembers a friend

By Tech. Sgt. Michael Farris
353rd Special Operations Group
Public Affairs

The 353rd Special Operations Group lost a valued member Nov. 27 when Tech. Sgt. Michael J. Dengate died while deployed to Incirlik Air Base, Turkey, officials say.

A memorial service was held for Dengate Dec. 3 at Chapel One where he was fondly remembered by his friends and coworkers.

Dengate was finishing a two-month deployment as a member of Operation Northern Watch, and was scheduled to return to Kadena just four days later.

The son of a retired bluesuiter, Dengate entered the Air Force in March 1985 — the same month as his coworker Tech. Sgt. Kelly Savage. "We were pretty close," Savage said. "He was a big sweetheart."

He was always smiling and happy, a really upbeat kind of guy.

Chief Master Sgt. Freddie Bradshaw

Dengate was a senior weapons controller in the Aircraft Maintenance Coordination Center of the 353rd Maintenance Squadron. He coordinated maintenance activities such as engine runs, refuelings, parking locations, and kept higher headquarters informed of the status of assigned aircraft.

"Nothing rattled him," Savage recalls. "He was gentle-natured and great to work with. He never had an unkind word to say about anyone."

Chief Master Sgt. Freddie Bradshaw, aircraft maintenance manager, said Dengate epitomized the special operators' credo of a quiet professional.

"I never saw him down," Bradshaw said. "He was always smiling and happy, a really upbeat kind of guy."

The 353rd Maintenance Squadron commander echoed those sentiments. Lt. Col. David Tye said the quality best characterized by Dengate was dedication. "He was extremely proud to be one of us, a member of the Air Force and a part of Special Operations. But looking back through his records, it's clear his deep dedication preceded his time with us. As a B-52, and later a B-1B crew chief, he earned many commendations for extraordinary sacrifices, and he played a challenging role during the Gulf War, serving four months in that theater, launching more than 450 sorties."

When you stop for a moment, and consider this man's contributions during his military career, Tye said, it's clear he made a big difference. He was truly a professional, and will be sorely missed.

CERious business

Inspectors from Pacific Air Forces were at Kadena Air Base throughout the week as the 18th Wing received a Combat Employment Readiness Inspection. The inspection — a test of the wing's ability to deploy aircraft and people as well as maintain a home base — began Tuesday. **CLOCKWISE FROM TOP:** Senior Airman Mark Berg and Staff Sgt. Paul Delano of the 44th Fighter Squadron ready weapons for F-15s. A 44th Fighter Squadron F-15 taxis after landing. Staff Sgt. Robert Martinez of the 33rd Rescue Squadron pull sentry duty for his unit. Lt. Col. Rod Zastrow of the 67th Fighter Squadron waits in an F-15 as crew chiefs prepare the jet for takeoff. First Lt. Diane Benavidez, 18th Wing, briefs Staff Sgt. David Ulmer, 18th Communications Squadron on what the survival recovery center is responsible for during its relocation to Ulmer's work center.



Photo by Staff Sgt. Steven Smith



Photo by Senior Airman Cohen Young



Photo by Staff Sgt. Steven Smith



Photo by Staff Sgt. Steven Smith



Photo by Staff Sgt. Steven Smith



CLOCKWISE FROM TOP: Airman Brandon DeRollo of the 353rd Maintenance Squadron's equipment maintenance flight, uses a hand drill to make holes for rivets. The flight's job is to provide sheet metal and corrosion control measures for aircraft assigned to the 353rd Special Operations Group. Members of the 353rd Maintenance Squadron conduct an operational check on an MC-130H Combat Talon II aircraft. The mission of the 353rd MXS is to perform on and off equipment maintenance for MC-130H Combat Talon, MC-130P Combat Shadow, and C-130 Hercules weapons systems tasked to conduct unconventional warfare and special operations in support of U.S., Commander in Chief Pacific and National Command Authority taskings. Senior Airman Howard Lunsford, 353rd Maintenance Squadron, checks out the main landing gear of a MC-130H Combat Talon II for leaks. DeRollo and Airman First Class Justin McFall, both members of the 353rd Maintenance Squadron's equipment maintenance flight inspect an aircraft panel after drilling holes for rivets. Senior Airman Robert MacNevin, an electronic warfare journeyman from the 353rd Maintenance Squadron, conducts an operational check of an infrared countermeasure pod. Senior Airmen Christopher Kelley and Robert Sunde, both members of the 353rd Maintenance Squadron, refer to a technical order while inspecting the engine of an MC-130H Combat Talon aircraft here. Airman Dustin Lightsey, 353rd Maintenance Squadron, uses a wrench to tighten bolts on the wing flap of an MC-130 aircraft during a maintenance inspection.



Full-service maintenance



Photos by Master Sgt. Val Gempis

Okinawa
Happenings

Off-Base

Exhibitions

Dec. 10-12: Sumo Tournament — Okinawa Convention Center — 8 a.m.-3 p.m. ¥4,000-6,000 per person — tickets can be purchased at Lawson's convenience stores — 860-0889 for more information

Dec. 12: Bullfighting — Ginowan City Akamichi Bull Ring — 1 p.m. — ¥2,500 — 857-0185

Through January: Battle of Okinawa Pictures Exhibition — Sakima Art Museum — 9:30 a.m. to 5 p.m. — closed Tuesdays — ¥700 per adult, ¥500 per junior and senior high school students, ¥300 per elementary school student, under 5 enter free — 893-5737 for more information

Dining/Shows

Through Dec. 25: Italian Christmas dinner — Renaissance Hotel Restaurant Four Season — 6-10:30 p.m. — ¥9,000

Through Dec. 25: Hawaiian Christmas Buffet — Renaissance Hotel, Sailfish Cafe — 5:30-10:30 p.m. — ¥6,006, children under 12 half price

Through Dec. 25: Hong Kong Christmas dinner — Coco Garden Resort Hotel — 5:30-10 p.m. — ¥3,500

Through Mar. 31, 2000: Hawaiian Night Asian buffet and dinner show — Renaissance Hotel — shows every night at 5:30 and 8:30 p.m. except Tuesdays — ¥5,250 in advance, ¥6,006 at the door, half price for children under 12

Dance/Music

Dec. 11&12: — 33rd Annual Okinawa Wind Instrument Ensemble Concert — Kadena Cultural Center — 11th 10 a.m./ 7:30 p.m.; 12th 9:30 a.m./ 7:30 p.m. — ¥500 — 877-8600

Dec. 11: — Argentina Tango Performance — Ishikawa Civic Hall — 6:30 p.m. — ¥3,000 — Advance tickets are available at Fukuhara and Teruya music stores — 965-5630

Dec. 11: — Piano Concert by Naoki Hashida — Ashibina - (Kolinza 3F) — 7 p.m. — ¥1,500 — 834-1463

Dec. 12: — Okinawa City Cultural Festival — Okinawa City Hall —2-4 p.m. — ¥1,000 — 932-6883

Dec. 13: — Chamber Music Concert — Pallet Folk Theatre — 7-9 p.m. — Free — 868-2601

Semi-submersible
Boat Tour

Kadena ITT — 8 boats daily, 50-minute tours — ¥3,500 per adult, ¥1,750 per child boarding charge — meal packages available at additional cost — tickets must be reserved

The following is a commonly used list of telephone numbers for this week's off duty activities:

Schilling Community Activities Center	634-1386/7
Kadena Family Support Center	634-3366
Kadena Information, Tickets and Tours	634-4322
Kadena Arts and Crafts Center	634-1666
Kadena Base Library	634-1502
Kadena American Red Cross	634-1979
Banyan Tree Club	634-0644
Rocker NCO Club	634-0740
Officer's Club	632-6071
Busena Terrace Resort Hotel	098-051-1333
Southeast Botanical Garden	939-2555
Renaissance Hotel	965-0707
Mitsukoshi Department Store	869-4115
Ryubo Department Store	867-1171
Bullfighting	857-0185
Prefectural Folk Theater	866-2341

Christmas
Village

Schilling Recreation Center will host a four-day holiday Christmas Village beginning on Dec. 15. Enjoy walking through the village capturing Christmas magic and enjoy the festivities like craft and food booths, photos with Santa, games, contests and entertainment. 634-1387 or 632-0310 for information.

Dec. 15: — Soprano Recital — Mieko Hokama — Pallet Folk Theatre — 7-8:30 p.m. — ¥3,000 — 836-0377/889-0806

Through Dec. — Okinwan Dance — Wednesdays from 5-7 p.m. — students learn expressive dance forms — taught by native Okinawans — cost is \$25 — 634-1387 for more information

Tours

Daily: Semi-submersible Boat Tour — Kadena ITT — 8 boats daily, 50-minute tours — ¥3,500 per adult, ¥1,750 per child boarding charge — meal packages available at additional cost — tickets must be reserved

Dec. 10: Urashima Dinner Theater — Kadena ITT — 5:30-10 p.m. — \$55 per adult, \$28 per child

Dec. 11: Gyokusendo Caves — Kadena ITT — 9 a.m. to 4 p.m. — \$25 per adult, \$15 per child

Dec. 12: Sumo Tournament — Kadena ITT — 10 a.m. to 4 p.m.

Dec. 16: Antiques in Motobu — Kadena ITT — 9 a.m. to 4 p.m. — \$15 per adult, \$10 per child

Dec. 17: Hawaiian Luau — Kadena ITT — 7 p.m. to 10 p.m. — \$55 per adult, \$28 per child

Dec. 18: Shuri Castle — Kadena ITT — 9 a.m. to 4 p.m. — \$22 per adult, \$18 per child

Dec. 19: Battle of Okinawa — Kadena ITT — 8 a.m. to 5 p.m. — \$25 per adult, \$20 per child

International tours

Dec. 18-21: Hong Kong — Kadena ITT

Dec. 18-21: Bangkok — Kadena ITT

Dec. 26 through Jan. 3: The Millennium in Bali — Kadena ITT

Dec. 19-23: Singapore — Kadena ITT

Dec. 19 - Jan. 3: Australia, Kadena ITT

Dec. 27 - Jan. 2: Bali, Kadena ITT

Jan. 16-23: Bangkok & Chaing Mai, Kadena ITT

On-Base

Officers Club

Bring your family and receive a 20 percent discount on your meal each Monday night. Families can enjoy a special entree Wednesday nights, in addition to the a la cart menu.

Rocker NCO Club

Dec. 1-23: December Holiday Meal-to-go — \$54.95 — includes a 22-24 pound turkey, cornbread dressing, gravy, cranberry sauce, dinner rolls and pumpkin pie — \$59.95 for smoked ham instead of turkey — orders accepted at customer service area — limited dinners available — paid in full at time of order — pick-up is Dec. 24

Banyan Tree Club

Holiday bake goods and party trays are available — cakes, pies, donuts, sandwiches, vegetable trays and more — from 7 a.m. - 2 p.m. — 634-0644

Johnson Dining Facility

Dec. 25: Christmas Day Brunch — menuing, mashed potatoes, steamed rice, Southern-style green beans, corn on the cob, glazed yams, potato salad, cucumber pie

Okuma Surfside Restaurant

Dec. 25: Christmas Gourmet Dinner — 5-9 p.m. — dinner with soup and salad, fruit, desert, champagne and tea and coffee

New Year's Eve

Dec. 1: New Year's Eve parties Dec. 31 — tickets go on sale

Officers Club: 8 p.m. to 2 a.m. in the ballroom with entertainment from G.D. Productions Force Music DJ Family — tickets, \$20, walk-ins accepted Dec. 31 after 11 p.m. for \$15

Rocker NCO Club: Doors open at 7 p.m. for ticket holders only — R&B/Urban Beat Mix DJ in ballroom — 60s through present day dance-variety mix DJ in the lounge — tickets, \$20 — after Dec. 22, tickets cost \$25 for non-club, SOFA-status people

Banyan Tree Club: Doors open at 8 p.m. for ticket holders only — Hip-hop/Urban/House mix in ballroom and variety mix and requests in the lounge — tickets, \$20 — heavy hors d'oeuvres buffet, breakfast at 12:15 a.m. — no reserved seating

Kadena All Star Lanes: From 8 p.m. to 2 a.m. — five people can rent a lane for \$75 for six hours, or open bowling with a pay-as-you-go snack bar — hats, party favors, bottle of champagne

Gatherings

Mondays: George Frederick Handel's "Messiah" practice — Ecumenical Chorale — 7-9 p.m. — auditions required for soloists — concert set for early December — 645-8432 for more information

Fridays and Saturdays: Country and Western night — Schilling Community Activities Center — 8 p.m. to 1 a.m. — 634-6981 for more information

Dec. 15-18: Christmas Village — Schilling Community Activities Center parking lot — a week-long holiday celebration with Santa, a DJ, contests, craft vendors, game and food booths and lots of holiday entertainment

Contest

Through Dec. 15th: Stamping Christmas Card Contest. — entries must be submitted to the Kadena Arts & Crafts Center by Dec. 15. Guidelines and contest rules can be picked up at the center — 634-1666 for information.

Through Jan. 31: Underwater Photo Contest — Marine Corps Community Service Tsunami Gear — photographers may enter photos in categories of macro, wide angle, diver and marine life — first-, second- and third-place winners for each category and an overall winner will receive Tsunami Gear gift certificates and have photos published in the 2000 issue of

Okinawa Diver — 645-3970 for complete contest rules and more information

Classes

Tuesdays

- **Framing and Matting** — Kadena Arts and Crafts Center — 9:15 a.m. to noon
- **Beginning Ceramics** — Kadena Arts and Crafts Center — 6-8:30 p.m.
- **Ikebana** — Kadena Arts and Crafts Center — 5-7 p.m.
- **Rubber Stamping** — Kadena Arts and Crafts Center — 6-8 p.m.
- **Tole Painting** — Kadena Arts and Crafts Center — 6-8 p.m.
- **Advanced Drawing** — Kadena Arts and Crafts Center — 6-8 p.m.
- **Frame Update** — Kadena Arts and Crafts Center — 9:15 a.m. to noon

Wednesdays

- **Bonsai** — miniature trees — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- **Beginning Pottery** — Kadena Arts and Crafts Center — 5-7 p.m.
- **Ikebana** — Kadena Arts and Crafts Center — 4-6 p.m.
- **Washi Paper and Kime Komi** — Obi, Japanese dolls, Ochi-e pictures, decorative boxes and eggs — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- **Introductory China Painting** — Kadena Arts and Crafts Center — 6-8 p.m.
- **Flower Arranging** — Kadena Arts and Crafts Center — 6-8 p.m.
- **Beginning Tole Painting** — Kadena Arts and Crafts Center — 10 a.m. to 1 p.m.

Thursdays

- **Wood Shop Safety** — Kadena Arts and Crafts Center — 5-6 p.m.
- **Advanced Pottery** — Kadena Arts and Crafts Center — 5-8 p.m.
- **Frame Update** — Kadena Arts and Crafts Center — 5:15-8 p.m.

Fridays

- **Belly Dance** — Schilling Community Activities Center — 6-7 p.m.

Saturdays

- **Dry-brush Painting** — Kadena Arts and

Crafts Center — 2:30-4:30 p.m.

- **Wood Shop Safety** — Kadena Arts and Crafts Center — 9-10 a.m.
- **Quilting** — Kadena Arts and Crafts Center — 10 a.m. to 5 p.m.
- **Jeweled Eggs** — Kadena Arts and Crafts Center — 10 a.m. to 5 p.m.
- **Make-it and Take-it** — Kadena Arts and Crafts Center — 10 a.m. to 2 p.m.
- **Beginning Pottery** — Kadena Arts and Crafts Center — 9-11 a.m.
- **Framing and Matting** — Kadena Arts and Crafts Center — 9-11:30 a.m.
- **Washi Paper and Kime Komi** — Kadena Arts and Crafts Center — 10 a.m. to noon
- **Child's Bisque Painting** — Kadena Arts and Crafts Center — 10 a.m. to noon
- **Money Management** — Schilling Community Activities Center — Nov. 6-20 — 9 a.m. to noon

Sundays

- **Kids' Clay Creations** — Kadena Arts and Crafts Center — 2-5 p.m.

Fund drives

- The Kadena base library is having a **Books for Tots** drive through Dec. 12. Customers are requested to donate a new children's book (pre-school to third grade level) to the library. The books will be distributed to the base community as needed through chapels or through co-sponsoring first sergeants during the holidays — 634-1502 for more information.
- The Kadena USO is co-sponsoring the eight annual Okinawa **Toys for Tots** drive — donations are needed for toys for children ages 4-13 — families in need, active duty or civilian are eligible for assistance — 622-8285 for more information

Teen Center Millennium

Dec. 10: Pool tournament — 4-6 p.m.

Dec. 15: Teen Talks — 3-4 p.m.

Dec. 16: Keystone Club — 4 p.m.

Dec. 17: Computer game tournament — 4-6 p.m.

Dec. 18: Variety winter ball — 7-11 p.m. (semi formal, no jeans)

Dec. 31: Millennium party — 8 p.m. to 1 a.m.

Chapel

Catholic

Saturday
Confessions — 4 p.m. — Chapel 1
Mass — 5 p.m. — Chapel 1

Sunday
Mass — 8:45 a.m. — Chapel 1
Mass — 12:15 p.m. — Chapel 2
Mass — 5 p.m. — Chapel 1

Protestant

Sunday
Inspirational Service — 9 a.m. — Chapel 2
Evangelical Service — 10:24 a.m. — Base Theater
General Protestant Service — 10:30 a.m. — Chapel 1
Liturgical Service — 10:30 a.m. — Chapel 2
Gospel Service — noon — Chapel 1

Eastern Othodox

Saturday
Vespers — 5 p.m. — Camp Foster St. Nicholas Chapel

Sunday
Divine Liturgy — 9:30 a.m. — Camp Foster St. Nicholas Chapel
For more information, call 645-7486.

Jewish

Friday
Shabbat Service — 7:15 p.m. — Camp Foster Chapel

Sunday
Religious Education — 9:30 a.m. — Camp Foster Credo Center
For more information, call Chaplain Mitchell Schranz at 637-1027.

Islamic

For information, call Gunnery Sgt. Hefis Camp at 637-2167/2164.

MOVIES

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.

KEYSTONE,
634-1869

Tonight: "In Too Deep," R

Saturday: "Pakemon," G and "In Too Deep," R

Sunday: "Pokemon," G and "Stigmata," R

Monday: "Stigmata," R

Tuesday: "Outside Providence," R

Wednesday: "Mumford," R

Thursday: "World is not enough," Not rated

Dec. 17: "World is not enough," Not rated

BUTLER,
645-3465

Tonight: Holiday Concert

Saturday: "Holiday Concert

Sunday: "Inspector Gadget," PG and "Stigmat," R

Monday: "Outside Providence," R

Tuesday: "Outside Providence," R

Wednesday: "Mumford" R

Thursday: "Sleepy Hollow", R

Dec. 17: "Sleepy Hollow," R

VIDEOS

New video releases available each Tuesday at the base video stores. Because of shipping, release dates may vary.

Dec. 14

"A Knight In Camelot"

"A Place Called Truth"

"Candyman 3"

"Dick"

"Shame, Shame, Shame"

"Deja Vu"



Fitness 2000: Stretching the limits of flexibility

By Senior Airman
Jennifer Dixon
Shogun associate editor

Editor's Note: This is the final article in the Fitness 2000 series that outlines the Air Force's new standards scheduled to begin in January.

Stretching is an important aspect of fitness training many people tend to overlook, according to Jason Ham, Kadena Health and Wellness Center exercise physiologist.

"Stretching is critical, and not just for the fitness test," Ham said. "There are a lot of older people who aren't able to do things because they have lost a lot of flexibility. Daily stretching helps maintain that flexibility."

The stretching segment of the new standards will be measured by what Ham calls the sit and reach test. People can practice for the test and monitor their flexibility level using a standard yardstick.

Before you can measure your flexibility, you must determine the zero point – where you begin measuring. To do this, you need a

straight wall with enough open floor space where you can sit with your legs stretched out in front of you.

Wearing comfortable workout clothes, sit with your back to the wall. Your hips and the back of your head should touch the wall. Then, sitting up straight, hold your arms out in front of you with your hands placed one over the other, fingertips to fingertips. Then just drop your hands straight to the floor between your legs without moving your head. Where your fingers touch the floor is the zero mark – where you place the end of the yardstick. After placing it there, tape it to the floor.

Once you know where the starting point is for measurement, it's time to test your flexibility. Ham said the best way to stretch is to start from the hips, move down, drop the head, reach out as far as pos-

sible and touch the ruler. Hold that position for at least two seconds. You mustn't bend your knees or lift your calves from the floor or the stretch is invalid.

To prepare for the test, Ham said you want to do any exercise that stretches the hamstrings, the lower back and the hip flexors.

"The hip flexors are very small muscles to stretch. A lot of times, when you stretch the hamstrings, you're going to take care of the lower back as well. As far as stretching out these muscles, (the sit and reach) is the best way to do it. Some people

prefer to do a hanging stretch, but you mustn't bounce. That is a big no-no, but most people do it. All you are doing is taking that hamstring and testing it. If it's not warmed up properly, you could tear the muscle," Ham warned. "The best way to do it is slow and easy, practic-

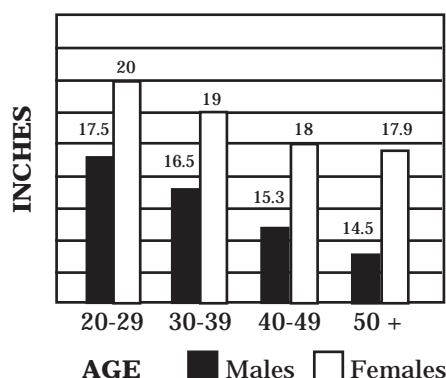
ing that same stretch."

To stretch your hip flexors, sit on the floor with the left leg straight and the right bent with your foot flat on the floor. Keeping the leg bent, place your right leg over the left, placing the opposite elbow on your bent knee. Your upper body will be turned to the right and you will feel the stretching along your left side.

For the hamstrings, there are several ways to stretch, sitting or standing. You can work on each leg by splitting the legs apart and reaching for the toes to the right, middle, then left. If you do this standing up, remember not to bounce as you move or you could hurt yourself. Ham said an added bonus is that any stretching exercise also stretches the back and, anytime you build the abdominal muscle, the back is going to come into play. So, the sit-ups will actually help stretch your back.

Most importantly, Ham said, "people must stretch every day after each workout. What we really want to encourage here is that every single member works a flexibility program, starting with their feet, all the way to their head."

Sit-and-reach



BRIEFS

Youth football

A punt, pass and kick contest for boys and girls ages 7-15 is being offered at 9 a.m., Saturday, in the Torii Sports Complex.

Awards will be given to the top youth in ages 7, 8, 9, 11, 12 and 15.

For more information, call 644-4334.

Saturday run

An open 2.5/10-kilometer run is slated at 8 a.m., Dec. 11, at the Camp Courtney Fitness Center.

It's open to everyone on island. The cost is \$15 in advance, and

\$20 the day of the event.

Sign up at any Marine fitness center or on site before 7:30 a.m. the day of the event.

Awards will be presented to first- through third-place finishers in each category.

For more information, call 622-9221.

Akebono visit

Sumo Grand champion, Akebono will be on hand to meet and visit fans from 6:30 to 7:30 p.m. at Kadena's USO lobby.

Photographs will be allowed. The event is open to all Status of

Forces Agreement personnel, their families and guests.

Sports Pro Shop gift certificates will be awarded to the winners. For more information, call 634-0695.

Centers to close

The Falcon and Risner Fitness Centers will close at 6 p.m. Dec. 17 for an office function.

They'll re-open at 6 a.m., Dec. 18.

Okinawa Marathon

The 2000 Okinawa Marathon is scheduled Feb. 20.

A 10-kilometer road race is also

being planned.

Applications for both the races are available at the Falcon Fitness Center and the Risner Fitness Center.

The 10K race is for Status-of-Forces-Agreement people only.

Marathon registration fees are ¥3,500 for adults and ¥2,500 for runners between 18-16 years of age.

The fee for the road race is ¥2,000 for everyone over age 16.

The fee includes insurance and a commemorative T-shirt.

For more information, call 634-2207/5131.